



Ancient Vedic Mantras and Rituals





Shrimad Bhagavad Gita Chapter-2 Shalok-57 | श्रीमद् भगवद्गीता अध्याय दो-श्लोक सत्तावन | PDF Chapter 2 – Sankhya Yoga

Verse 57

Sanskrit Verse

yaḥ sarvatrānabhisnehas tat tat prāpya śubhāśhubham |
nābhinandati na dveṣṭi tasya prajñā pratiṣṭhitā || 57 ||

Simple Meaning

O Arjuna!

One who is completely free from attachment everywhere, who neither rejoices in favorable situations nor hates unfavorable ones, is considered to have steady wisdom.

Detailed Explanation

Free from Attachment Everywhere

Lord Krishna describes a person who does not cling emotionally to anything in the world. Whether people, objects, or situations, there is no deep attachment that





binds the mind. Such a person remains inwardly independent in all circumstances.

Equanimity in Good and Bad Situations

When good things happen, this person does not become overly excited or attached. When bad things happen, they do not fall into hatred, sadness, or resistance. Both pleasant and unpleasant experiences are received with equal mental balance.

Neither Rejoicing nor Hating

Ordinary reactions are driven by duality—liking the good and disliking the bad. But the wise person transcends this pattern. They do not emotionally swing between joy and aversion based on external events.

Who is a Truly Steady Thinker?

Such a person is described as having **established wisdom (prajñā pratiṣṭhitā)**. Their intelligence is stable because it is not disturbed by external changes. Peace comes not from controlling the world, but from mastering the mind.

Wisdom in Daily Life

This verse teaches that spiritual maturity is seen in how we respond to life. True strength is not reacting emotionally to every situation, but remaining centered. Success does not inflate the ego, and failure does not break the spirit.



Key Points

Freedom from attachment in all situations

No extreme reaction to good or bad outcomes

No craving for pleasure or resistance to pain

Equal-mindedness in every experience

Such a person has steady wisdom

Profound Spiritual Meaning

Krishna emphasizes that liberation begins when duality loses its grip on the mind. When attraction and aversion both dissolve, inner stability arises naturally. At that stage, life is experienced without emotional disturbance.

The deeper message is:

True wisdom is the ability to remain unchanged within, no matter how the outer world changes.

Word-by-Word Meaning

yaḥ – One who

sarvatra – Everywhere

anabhisnehaḥ – Free from attachment

tat tat – Those various situations

prāpya – Having attained / encountered

śubha-aśubham – Good and bad (favorable and unfavorable)



na abhinandati – Does not rejoice
na dveṣṭi – Does not hate
tasya – His
prajñā – Wisdom
pratiṣṭhitā – Is firmly established

Message of the Shloka

A truly wise person remains unaffected by both success and failure, joy and sorrow. By transcending attachment and aversion, the mind becomes steady, peaceful, and firmly rooted in wisdom.

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